



SESSION PLAN

U8/U9 Session Plan Five

Session Type: House League Level

Coach's Name: Colin Foy

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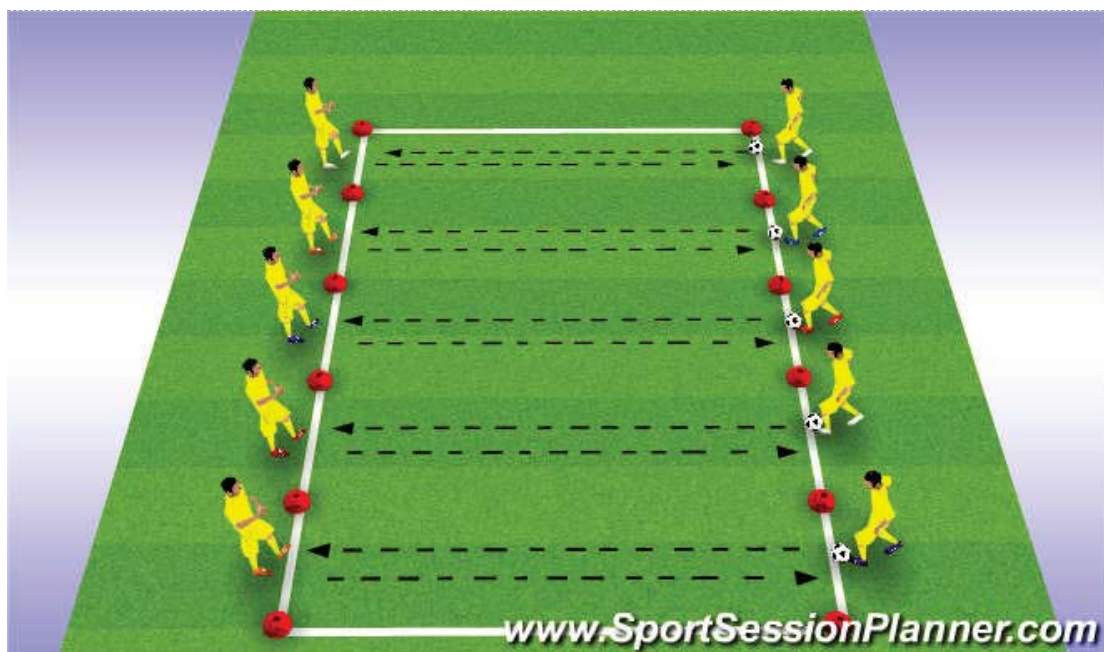
Description:

This session works on receiving and passing. Most of this session is static passing so that players can work on the correct technique of receiving and passing.

Passing and Receiving (20 mins)

Setup:

- Set up two rows of cones, each cone two yards apart.
- Start with the two rows of cones being 3 yards apart and increase as skill and accuracy increases.



Instruction:

- Players work in pairs standing opposite each other and between the cones.
- Players pass the ball back and forth to each other.
- Start at a distance of three yards and increase distance based on players ability to pass accurately.
- Progression: Based on accuracy of pass increase distance of pass.
- Progression: Pass ball with laces.

Coaching Points:

- Passing the Ball:**
 - Knees slightly bent, Turn ankle, Lock ankle, Pass with the instep, and follow through with leg.
 - Keep eyes on Ball. Weight of pass should match the distance being passed.
 - Pass can be a role pass with sole of foot for close distance.
 - Look at target for pass, and then focus back on ball for pass.
- Receiving the ball:**
 - Eyes on the ball. Position body behind the ball.
 - To start receive the ball with instep, pass back with same foot.
 - First touch should get the ball from out of feet; take a second touch if needed.
- Options for receiving ball and passing the ball:**
 - Instep to instep, receive and pass with same foot.
 - Left to right instep and right to left.
 - Receiving with sole of foot. (wedge).
 - Receiving with outside of foot.